

# THE CITIZEN

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U.S. Army Garrison Stuttgart

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Stuttgart, Oberammergau and Garmisch, Germany

## 2006: Year in Review

Special Section: Pages 7-10



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Brandon Beach



Drew Benson



Delinda Hood

Clockwise from top left: 1. The cast of the Stuttgart Theatre Center's production of "Les Miserables" perform during the final dress rehearsal prior to the Oct. 13 grand re-opening of the renovated Kelley Theatre. 2. A young community member gets a boost from Stuff the Magic Dragon, who accompanied the Orlando Magic Dancers during a performance on Patch Barracks. 3. U.S. European Command Deputy Commander Gen. William E. Ward salutes during the ceremony that officially welcomed him to EUCOM. 4. Players from the U.S. and German national teams prep for the World Cup Finals, which Germany hosted. Center: Garmisch's Philip Rhodes and Kimberly Kiraly show off their most patriotic smiles.

### INSIDE THIS EDITION

#### Page 3

#### EUCOM fosters community outreach

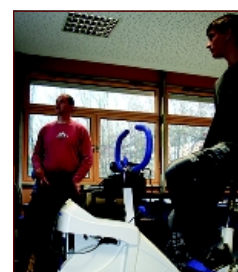
A U.S. European Command-sponsored toy drive brightens the holidays for many children during a visit to the Stuttgart Youth Welfare Office last year in December.



#### Page 12

#### Patch High School moving toward fitness

Physical education teachers at Patch get a boost from new technology, as a result of increased DoDDS-Europe funding, to help students learn more about their fitness.





## A time of reflection & resolution

# Airman advises fellow service members to chart path for personal, professional success in 2007

By Chief Master Sgt. Bruce Blodgett

Commentary

**A**s we enter 2007, we are going to face a new year with a world and a military that needs your talents, dedication and professionalism to accomplish our often difficult and diverse missions.

Usually at this time of the year, many people are talking about their New Year's resolutions and the goals they set for themselves for the coming year.

Goals in life and in your career are extremely important, but they must be realistic and attainable if you are going to be able to meet them.

**Be fit to fight:** The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man.

Being in the military makes this even more important. We must be prepared to enter the fray at a moment's notice. Dedicate yourselves to exercise a minimum of three times a week and then do it.

You will feel better, perform at higher efficiency and reduce your health risks that come with age.

**Study for that next promotion:** We all talk about it, but many do not crack the books until weeks before their promotion test. Develop a study plan and then stick to it.

**Reduce your debt:** Was money a big source of stress in your life last year? Get a handle on your finances. Save more money; spend less with credit. Enroll in a retirement savings account like the Thrift Savings Plan now.

**Help others and get involved:** A popular, non-selfish New Year's resolution - volunteerism - can take many forms in the military. Whether you choose to spend time by joining a

*In the military, our time away from family and friends is often magnified by required deployments and temporary duties. Make the most of your time at home and with loved ones and never forget they are an integral part of your journey.*

booster club or local private organization, there are many volunteer organizations both on and off the installation that can really use your help.

**Spend more time with family and friends:** Recent polls show that more than 50 percent of Americans vow to appreciate loved ones and spend more time with family and friends this year.

In the military, our time away from family and friends is often magnified by required deployments and temporary duties. Make the most of your time at home and with loved ones and never forget they are an integral part of your journey.

**Be a mentor:** Take the time to take someone under your wing and teach them the ropes of being a good Airman.

Be the role model you always wanted. Train someone to someday take your place and fulfill your duties and responsibilities.

**Improve your attitude:** Make your choice for the coming year to have a positive attitude and not a negative one. You have complete control over this.

You can think of lots of reasons for a negative attitude - "I'm not a morning person," "I don't like this place," "My supervisor is mean," etc. Get over it! I think that's a cop-out for choosing a negative attitude.

You control how you feel and how you react and your attitude affects those all around you. Choose to be positive and be thankful for what you have.

**Enjoy life more:** Given the hectic, stressful lifestyle of our Air Force, it is no wonder that enjoying life more has become a popular resolution in recent years.

Take time to enjoy your successes and enjoy everything and everyone around you.

We are in the greatest military in the world and we should all be proud of our contributions to peace and freedom all over the world!

*Blodgett is command chief of the 436th Airlift Wing. This commentary originally appeared on the Air Force Link Web page ([www.af.mil](http://www.af.mil)).*

## THE CITIZEN

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[www.stuttgart.army.mil](http://www.stuttgart.army.mil)

## They said it

*The following is a brief look back at some of the more famous, infamous and evocative utterings from some of the top newsmakers during 2006.*

• "I probably did take my newfound freedom a little too far." – Pop singer Brittany Spears, in response to media and online coverage of her "party lifestyle" following her split from Kevin Federline.

• "I've never done it, never gone searching. ... The wife loves it. I wouldn't love it. What – do you punch little buttons and things?" – CNN commentator and interviewer Larry King, noting that he has never used the Internet.

• "I am not a bigot." – Mel Gibson, apologizing after unleashing a tirade on police officers following his arrest on suspicion of drunken driving.

• "It's like an amicable divorce. The legal status has changed, but the person really hasn't. It's just single again." – Television host Jack Horkheimer on Pluto's Aug. 25 demotion from the Solar System's ninth planet to dwarf planet.

• "It feels absolutely fantastic being back on dry land." – British sailor Michael Perham, age 14, who became the youngest person to sail the Atlantic single-handed.

• "He was born with little, inherited nothing and left a lot." – Rev. Jesse Jackson pays tribute to James Brown, the Godfather of Soul, who was laid to rest in his native Atlanta, Ga. on Dec. 25.

• "I have benefited greatly from criticism, and at no time have I suffered a lack thereof." – Former U.S. Defense Secretary Donald Rumsfeld, before stepping down.

• "I am still in shock that I did that. I just can't believe that I did that. I'm such an idiot." – Professional golfer Phil Michelson, after a double bogey on the 18th hole during the U.S. Open. Australian Geoff Ogilvy went on to win.

• "I and senior management agree with the American public that this was an ill-considered project." – News Corp. CEO Rupert Murdoch, after announcing the cancellation of a planned television special to promote the release of O.J. Simpson's book "If I Did It." (Publication of the book itself was also cancelled).

• "I got to party and socialize at an Olympic level." – Much-hyped U.S. skier Bode Miller, who departed the Turin Olympics with no medals – but apparently with plenty of good memories nonetheless.



A EUCOM-sponsored toy drive gave children plenty of reason to smile Dec. 19. Hundreds of items were collected during the two-month holiday drive in support of the Stuttgart Youth Welfare Office. Pictured above [from right to left] is Lt. Corey Durant, Lt. Commander Dan Cimmino, Rear Admiral Richard Gallagher and his wife, Roslyn.

## EUCOM fosters outreach Delivers toys to local children's centers

Story and photo by Brandon Beach

Christmas came early at the Stuttgart Youth Welfare Office. Thanks to a U.S. European Command-sponsored toy drive, many kids received some unexpected holiday cheer this season from an unlikely source.

"It's really amazing how much we collected," said Lt. Commander Dan Cimmino of EUCOM's Judge Advocate Directorate, who spearheaded the two-month drive. "We are truly thankful to everyone who gave."

Cimmino, along with Rear Admiral Richard Gallagher, director of EUCOM's Plans and Operations Center, his wife, Roslyn, and other EJC3 officers had the chance to talk with Waltraud Stuntebeck, director of educational support, in a Dec. 19 visit and pass out gifts to kids, many of whom would not be able to spend Christmas with their parents this season due to unforeseen emergencies at home.

With 15 children's centers, 30 special needs workers and numerous foster parents, the welfare office cares for some 200 at-risk children, between the ages of 3 and 21 years old.

"Most children come to us from very poor families, so we give them the chance to find more of themselves and discover their self confidence," said Stuntebeck.

Depending on the type of emergency, be it a parent with a physical ailment under hospital care or a parent who suffers from alcohol abuse, children take up residence in one of the 15 centers throughout the Stuttgart area, or with a foster parent trained in crisis care. Residence can last anywhere between two weeks to two years, depending on the emergency.

A small percentage of children might arrive as refugees from remote countries in Africa and Asia, said Stuntebeck, and in this case, the center helps children adapt to life in Germany, find enrollment in school and give them the means to live an independent life.

"Regardless of how they arrive to us, we want that they have their own life and learn to live on their own," said Stuntebeck. "We help them find a flat after their time with us."

*Most children come to us from very poor families, so we give them the chance to find more of themselves and discover their self confidence.*

**Waltraud Stuntebeck**

*Director of Educational Support  
Stuttgart Youth Welfare Office*

Through counseling and at times prolonged therapy, social workers work one-on-one with parents to improve the home environment and ensure a safe return for the child.

"This stabilizing process can take considerable time. We are sometimes with a family for 2 years or more," said Wolfgang Claus, a social worker for over 20 years. "It's always different with each family."

At the center on Asangstrasse, for example, nine children take up residence and participate in a variety of chores, from cooking meals to fixing minor household repairs. Regina Hackh, a social worker, said that children learn valuable social skills during their stay, regardless of their length of time.

"We try to stay in step with the children and create a partnership with them," she said.

Stuntebeck said that the office gladly accepts donations throughout the year. The Patch Thrift Shop, for their part, has offered to send lightly used clothes, shoes and books to the welfare office.

"All our military takes a responsibility to help people in need," said Gallagher. "Our Servicemembers do it from around the world."

*For more about EUCOM visit [www.eucom.mil](http://www.eucom.mil). For more on how you can help the Stuttgart Welfare Office call Army Community Service at 431-7176/civ. 0711-680-7176.*

## News & Notes

### Broadway Cafe Reopens Jan. 24

Enjoy great coffee and delicious baked goods in the Broadway Cafe on Kelley Barracks (adjacent to the Kelley Theater). The cafe reopens Jan. 24 and will now be open Mondays to Fridays, 8 a.m. to 2 p.m. The cafe may also be rented for private gatherings.

For more information about the Broadway Cafe e-mail [alan.buxkemper@us.army.mil](mailto:alan.buxkemper@us.army.mil).

### Panzer Vet Clinic: reduced hours

Due to the temporary deployment of the local veterinarian, community members will not be able to bring animals to the Stuttgart Veterinary Clinic on Panzer Kaserne for treatment Feb. 5 to 16.

The clinic will not be able to issue health certificates Feb. 5 to 16, so please plan accordingly to receive a health certificate from a German Veterinarian or travel to a military veterinary clinic at another installation.

Prescriptions can be refilled from Feb. 5 to 9, but not Feb. 12 to 16 (due to veterinary technician TDY).

During this time period, the clinic office will be open regular business hours, so that community members can schedule appointments and buy over-the-counter products.

For more information call 431-2681/civ. 07031-15-2681.

### MOPS meet monthly

Are you a mom with a child or children between the ages of birth and 5 years? Then come join us at MOPS, Mothers Of Pre-Schoolers. We meet every first and third Wednesday of the month from 9:30 to 11:30 a.m., in the Robinson Barracks Chapel Annex.

For more information contact Deb Holinger (07031-283-019, [cdcjholinger@hotmail.com](mailto:cdcjholinger@hotmail.com)) or Jana Plank (07031-283-018, [sjplank@mac.com](mailto:sjplank@mac.com)).

### Adoption support group

Stuttgart offers an adoption support group. The goal is to bring families together that have gone through the adoption process and to help those just getting started.

The group also has professionals in the community to help answer questions and ease concerns.

Meetings are the second Wednesday of the month in Army Community Service, Patch Barracks, building 2307, 11 a.m. to noon.

For more information call 430-7176/civ. 0711-680-7176.

### Help SNAP keep Stuttgart safe

Stuttgart's Safe Neighborhood Awareness Program is always looking for committed community members to help keep our installations safe.

For more about how you can become a SNAP volunteer call Earnest Epps at 430-5560/civ. 0711-680-5560 or e-mail [earnest.epps@us.army.mil](mailto:earnest.epps@us.army.mil).

### Rag and Bone Man sale

Come by for the Big End of Year Clearance Sale! The entire stock is reduced by at least 10 percent, and selected items will be reduced by up to 40 percent.

Take advantage of great savings on a wide variety of European antiques, carpets, chandeliers, collectibles and more.

For details call 431-2197/civ. 07031-15-2197 or e-mail [erbefamily@aol.com](mailto:erbefamily@aol.com).

### Tech Expo on Patch Barracks

The Stuttgart chapter of the Armed Forces Communication and Electronics Association and U.S. European Command's Directorate of Command, Control, Communications, and Warfighting Integration (J-6) are sponsoring a Technology Expo Jan. 31, 10 a.m. to 2 p.m., in the Swabian Special Events Center on Patch Barracks.

The event will feature more than 25 exhibitors and displays. Products to be displayed include communications technologies; security and data management, satellite services & more.

All community members are invited to attend.

### Career opportunities with AAFES

AAFES is opening a new shopping mall on Panzer Kaserne in Feb. 2007. Positions are available for retail and warehouse personnel as well as food service positions at Charley's Steakery, Pizza Hut and Popeye's.

Applications are online at <http://www.aafes.com>, or contact the AAFES Human Resources Office, Kelley Barracks, Bldg. 3312 at 0711-7203-132.



# AFAP Issue Update

## Clinic, computers & crosswalks among resolved topics

### U.S. Army Garrison Stuttgart Public Affairs Office

The following is an excerpt of the minutes from the most recent meeting of Stuttgart's Army Family Action Plan steering committee.

The steering committee meets quarterly to track progress on the resolution of issues raised during the community's annual AFAP conference.

This year's conference is Jan. 30 in the Swabian Special Events Center on Patch Barracks (see ad on page 16 for more information).

#### Issue # STU-75-06

##### Staffing for Medical Clinic

- Scope: The current staff levels do not support the needs of the community. Reporting procedures do not account for the large population of DoD civilians, contractors, military retirees and their family members.

##### • Conference Recommendation:

- (1) Implement accurate accounting procedures to reflect the non-Tricare beneficiaries being treated.

- (2) Increase the staffing of the clinic to meet the needs of the entire community, including DOD employees, contractors, military retirees and their families.

- Status Report 20 November: Four health care professionals (a family practitioner, a general surgeon, a family practitioner, and a community health nurse) were added to the staff to replace the medical personnel down range.

The number of health clinic beneficiaries – 17,128 - does not warrant further staff increases. On the whole, however, the recruitment of additional staff in the psychiatric field improved the quality and range of services offered by the health clinic. The issue was closed as completed.

#### Issue # STU-90-06

##### State-of-the-Art Computers for Web Design Class

- Scope: The current computers are adequate for word processing and basic internet research, but are very underpowered for web design and interactive multimedia class. These web pages can be utilized by incoming personnel for sponsorship and introduction to the school and community.

- Conference Recommendation: Purchase at least 2 state of the art computers for web design class. Specs: AMD FX 60 or faster processors, NVIDIA 7800 or higher video cards, 2 GB DDR RAM, 19" flat screen monitor.

- Status Report 20 November: Principal believes that the acquisition of state-of-the-art computers is not a priority at this time, but will remain on the school's wish list. The issue was closed as completed.

#### Issue # STU-88-06

##### New Bleachers for the PHS Gym

- Scope: Bleachers are over 30 years old and have become a safety hazard.

##### • Conference Recommendation: New bleachers needed.

- Status Report 20 November: The issue is No.4 on DSO project list. The issue was closed as completed.

#### Issue # STU-89-06

##### Expansion of H.S. Music Room

Scope: Room originally designed for up to 45 students. Current band enrollment is 69 students. Overcrowding has created a safety problem.

- Conference Recommendation: Expand practice room into what is now the storage room and part of the entry hallway. Use the adjacent room for storage of instruments.

- Status Report 20 November: School Principal believes that with decreased enrollments, the issue is not a priority and should be placed at the bottom of the school's five-year project list. The issue was closed as completed.

#### Issue # STU-76-06/a

##### Screening of Contractor Personnel for EFMP

- Scope: Screening procedures are in place for active duty and government civilians and their families. There is no screening process in place for contractors and their families.

- Status Report 20 November: The issue will be raised at the next AFAP Conference in 2007.

### U.S. Army Garrison Stuttgart & U.S. Army Garrison Garmisch Army Family Action Plan Conference

*January 30 (8 a.m. to 5 p.m.)*

*Swabian Special Events Center – Patch Barracks*

*For more about AFAP e-mail [ligia.steers@us.army.mil](mailto:ligia.steers@us.army.mil)*

#### Issue # STU-77-06: Single Service Member Barracks within the Stuttgart Military Community

- Scope: Standard of living is far below that of other residents in the community.

- Status Report 17 August: The Housing Office surveyed all units living in non-renovated facilities. None of the units wanted to move from unit facilities to consolidated ones in order to receive renovated facilities.

- Status Report 20 November: COL Juergens asked that the common areas of the buildings which are not to be renovated be given a facelift. The issue will be kept active for another two weeks then closed as completed.

#### Issue # STU-78-06: Lack of Air Conditioning in Patch Gym (Cardio Room) and CYS SAS/YS Facilities

Scope: Overheated rooms within these facilities pose a health risk. Cardio room windows cannot be opened by patrons or staff and lack of cool air ventilation contributes to heat-related injuries.

##### • Conference Recommendations:

- (1) Install air conditioning systems in the Patch Gym cardio room and CYS SAS/YS facilities;

- (2) Reroute heating flow away from the cardio room during winter months and give the staff the ability to regulate the temperature.

- Status Report 20 November: A cooling system has been put in place at the fitness center. Additional upgrades will be undertaken when funded. The vote was to close the issue as completed.

#### Issue # STU-79-06: Crosswalk Lighting within the Stuttgart Military Community

- Scope: Crosswalk lighting standards do not satisfy the members of the community and are not adequate for pedestrian safety. Poor visibility in these areas increases the potential for serious accidents.

- Conference Recommendations: Increase standards of lighting at crosswalks to improve visibility and assess community for additional crosswalk lighting.

- Status Report 17 August: Two street lights were changed in the vicinity of the Patch carwash.

- Status Report on 20 November: All crosswalks meet German and American standards for lighting. No further action will be taken due to financial and energy conservation concerns. The issue was closed as completed.

#### Issue # STU-87-06

##### Renovation of Bowman Athletic Field

- Scope: Size of the field is inadequate for implementation as a multipurpose athletic facility. Drainage issues create a safety hazard for athletes. Other fields are currently being procured for other mission requirements on Panzer.

- Conference Recommendations: Widen and level the field and add proper drainage. Improve access to the field and add spectator seating.

- Status Report on 20 November: COL Juergens asked for a cost estimate of both widening the field/cutting down trees and for adding proper drainage. The issue was put on the CDR's project list to be undertaken by June 2007.

The issue was closed to be completed.

#### Issue # STU-81-06 Retiree Privileges

- Scope: There is confusion about retirees' eligibility to use base facilities. Lack of knowledge and training on the part of service providers and/or retirees results in retirees not receiving services consistent with their entitlements.

- Conference Recommendations: Guidance and training need to be given to both service providers and retirees. Service employers need to ensure that customer service providers receive initial and sustainment training on retiree benefits and entitlements.

- Status report 20 November: The USAG-Stuttgart Retiree Fact Sheet drafted by DHR was approved to become an official document to be widely distributed in the community and put on the USAG Stuttgart website.

The issue was closed as completed.

#### Issue # STU-83-06 – Civilian Local Hire Entitlements

- Scope: Employees impacted by loss of sponsorship through divorce, death, or retirement of sponsor are involuntarily separated from federal employment, which also results in a loss of status.

- Conference Recommendations: Change the overseas policy that denies entitlements to local hire civilians or causes loss of status due to change in sponsorship status.

- Status Report 20 November: The explanation provided by HQ USAREUR – CPD for recommending against forwarding the issue for resolution at DA level was as follows:

As restructuring and rebasing of the Army European workforce occurs, the number of positions available for "eligible" family members will be significantly reduced.

Allowing family members to remain after loss of entitlements and sponsorship will diminish employment opportunities for eligible family members relocating overseas.

The issue is closed as completed.

#### Issue # STU-91-06

##### Pop-Warner Football for Youth

- Scope: Currently 5 military communities in Europe offer Pop-Warner football for these age groups through the YS.

- Conference Recommendations: Implementation of a Pop-Warner program through the YS for grades 3 through 8.

- Status Report 20 November: An extensive research by CYS concluded both that there is no strong demand for this program in the community and that it is too expensive to start.

#### Issue # STU-93-06

##### Lack of Pedestrian Friendly Base in Garmisch

- Garmisch bases are unfriendly to pedestrians. There is an insufficient number of pedestrian crosswalks and sidewalks. This causes pedestrians to walk on the roads to get from one place to another thus creating a safety hazard.

- Conference Recommendations: Collaboration between youth counsel, Military Police and traffic experts.

- Status Report 20 November: Crosswalks have been painted and some will be lit in the future. Two FY08 projects, one at Artillery Kaserne worth \$650,000 and the other at the Sheridan Barracks worth \$350,000 will improve the sidewalk situation.

The issue was closed and completed.

*All AFAP steering committee reports available online at [www.stuttgart.army.mil](http://www.stuttgart.army.mil).*



# “The Mall for All”

## Grand Opening Ceremony

### February 7, 10 a.m.

AAFES Shopping Complex – Panzer Kaserne



*All Community Members Invited!*

| U.S. Army Garrison Stuttgart Community Center<br>————— Panzer Kaserne – Building #2915 —————                            |                             |                             |
|---|-----------------------------|-----------------------------|
| The following phone and fax numbers will be in effect after the Community Center officially opens for business Jan. 29. |                             |                             |
| OFFICE/AGENCY   | PHONE                       | FAX                         |
| ACAP  | 431-2191/civ. 07031-15-2191 | 431-2190/civ. 07031-15-2190 |
| Army Community Service  | 431-3362/civ. 07031-15-3362 | 431-3331/civ. 07031-15-3331 |
| Army Post Office  | 431-2563/civ. 07031-15-2563 | N/A                         |
| Community Bank  | 431-2436/civ. 07031-15-2436 | Civ. 07031-25-700           |
| Education Center  | 431-2506/civ. 07031-15-2506 | 431-2571/civ. 07031-15-2571 |
| IACS/Pass & ID  | 431-2333/civ. 07031-15-2333 | N/A                         |
| Red Cross   | 431-2812/civ. 07031-15-2812 | 431-2942/civ. 07031-15-2942 |
| Retiree Support Center  | 431-3052/civ. 07031-15-3052 | 431-3512/civ. 07031-15-3512 |
| Transition Office   | 431-2698/civ. 07031-15-2698 | 431-2625/civ. 07031-15-2625 |
| Women, Infants, Children (WIC)  | 431-3351/civ. 07031-15-3351 | 431-3347/civ. 07031-15-3347 |
| USO   | 431-3505/civ. 07031-15-3505 | Civ. 07031-415-409          |
| VAT Office  | 431-3367/civ. 07031-15-3367 | 431-3368/civ. 07031-15-3368 |



Flu shots available  
in Stuttgart Clinic

Stuttgart Health Clinic Release

The Stuttgart Army Health Clinic has begun offering the seasonal influenza inoculation, as supplies are available, through the immunization clinic on Patch Barracks.

Inform the staff if you are pregnant, have an allergy to eggs or egg products, and make sure to bring your medical records and any yellow immunization cards you may have.

If supplies are low, the priority lies with active duty service members or civilians who are deploying.

The next priority is children between 6 and 59 months (must see a doctor if below the age of six years old), adults above the age of 50, medically high-risk personnel, personnel working with medically high-risk personnel and health care workers.

*The immunization clinic's hours are Mondays, Tuesdays, Wednesdays and Fridays from 7:30 a.m. to 3:30 p.m., and Thursdays 1 to 3:30 p.m.*

Find help from domestic violence

Story by Ellie Benavides  
Family Advocacy Program Release

Hello. As the U.S. Army Garrison Stuttgart's Installation Victim Advocate, I would like to take the time to share some very important information with you. As we all know, relationships can sometimes be difficult and confusing. Add to that the challenges of military life and some families can find themselves in crisis. At times this may include emotional or physical conflict within the family. When this occurs, we do not always know where we can turn. I want you to know that I am here to listen to you and help you understand your options.

As a military wife, I too understand that being married to a service member feels like you are married to the military and it's policies; therefore, I think it's important to share with you the new reporting options that are available.

In the past, you were considered to be "out of line" when you talked about family violence and issues around this. There was a fear of the consequences that might take place in just asking for help.

In April 2006, the Department of Defense came out with a policy giving an adult victim more reporting op-

tions. It is called restricted reporting. This new policy gives you the chance to have the space and time you need to make informed decisions. You now have the control over the release of your information. Most importantly, you can receive the services that will help end the violence without starting an investigative process.

However, you have to keep in mind that you may only disclose this information to the Installation Victim Advocate, myself, the Installation Victim Advocate's Supervisor, Betsy Walker, or your local health care providers (i.e., medical, dental, and social work services) in order for it to remain restricted. Remember though, if you make a report to the Military Police an investigation will take place.

This is a step forward. It gives you the option to ask for help, guidance and services in a confidential and caring setting.

If you need to talk or just want more information please contact me or Betsy Walker at Army Community Service or 0176-262-48894.

You can also call the Military Police Desk Sergeant and ask for the Installation Advocate's number without giving any identifying information. Know that we care about your well being.

HEALTH CARE CORNER

U.S. Army Health Clinic Stuttgart

Hours of Operation

Mon., Tues., Wed. & Fri.: 7:30 a.m. to 4 p.m.  
Thursdays: 1 to 4 p.m.

Military Sick Call

Mon. to Fri.: 7:30 to 8:30 a.m.  
Thursdays, 1 to 2 p.m.

Pharmacy

M, T, W, F: 7:30 a.m. to 4 p.m.  
Thursdays: 1 to 4 p.m.

Immunizations

Walk-in basis  
Closed noon to 1 p.m.

Well Baby Care

Every Tuesday

Laboratory

M, T, W, F: 7:30 a.m. to 4 p.m.  
Thursdays: 1 to 4 p.m.

Physical Exams

Active-duty only (by appt.)  
430-6817/civ. 0711-680-6817

Well Woman Care

Every Wednesday

Appointments

430-8610/civ. 0711-680-8610 or 430-8611/civ. 0711-680-8611  
Tricare beneficiaries can also make appointments online.  
Visit [www.tricareonline.com](http://www.tricareonline.com).

Stuttgart Dental Clinic

Hours of Operation

Mon. to Fri.: 7:30 to 11:30 a.m. & 12:30 to 4:30 p.m.

Active-Duty Sick Call

Mon. to Fri.: 7:30 to 9:30 a.m.

All Others Sick Call

Mon. to Fri.: 8:30 to 9:30 a.m.

Appointments

430-8626/civ. 0711-680-8626

Garmisch Dental Clinic

Hours of Operation

Mon., Wed & Fri: 7:30 a.m. to 3:30 p.m.  
Tue: 7:30 a.m. to 4:30 p.m. / Thurs: 7:30 a.m. to 3 p.m.

Military Sick Call

Mon. to Fri.: 7:30 to 8 a.m.

Appointments

440-3414/civ. 08821-750-3414

Note

Dental services are extremely limited for patients other than active-duty service members and their families.

In case of an after-hours emergency call the MP desk to access the on-call patient liaison:  
Stuttgart 430-5262/civ. 0711-680-5262 / Garmisch 440-3827/civ. 08821-750-3827

Veterinary Treatment Facility

Hours of Operation

Mon. to Fri.: 8 a.m. to 3:00 p.m.

Appointments

431-2681/civ. 07031-15-2681 or 431-2671/civ. 07031-15-2671

Location

Building 2996, Panzer Kaserne

Note

The facility is unable to see emergency cases. Thus, community members must become familiar with local German veterinarians.  
Visit the clinic for a list of German veterinarians in the Stuttgart area.

Stuttgart Wellness Center

Hours of Operation

Mon. to Fri.: 8 a.m. to 4:30 p.m.

Appointments

Call the center at 430-4073/civ. 0711-680-4073

Location

Washington Center, Patch Barracks



# Year in News

*A look back at some of the events & images that defined 2006*

## January

- **Jan. 3** – An explosion at West Virginia's Sago Mine leaves 12 miners trapped underground. After 41 hours – and an erroneous report that all the men had been rescued – Randy McCloy is the only miner to survive.
- **Jan. 30** – Coretta Scott King, widow of slain civil rights leader Martin Luther King Jr., dies at age 78.

## February

- **Feb. 4 to 6** – In response to cartoons that depict the prophet Mohammed in a negative light, violent protesters sweep through several European nations.

## March

- **March 30** – Journalist Jill Carroll is released after being held captive for 82 days in Iraq by a group called the Renegade Brigade.

## April

- **April 10** – Thousands of protestors take to the streets in cities across the United States to rally for the rights of undocumented immigrants.

## May

- **May 20** – Kentucky Derby winner and Triple Crown favorite Barbaro suffers a life-threatening leg fracture during the running of the Belmont Stakes.
- **May 25** – Former Enron executives Kenneth Lay and Jeffrey Skilling are found guilty of fraud and conspiracy after a trial in Houston, Texas.

## June

- **June 8** – Abu Musab al-Zarqawi, leader of al-Qaeda in Iraq, is killed during a U.S.-led attack near Baghdad.

## July

- **July 9** – Italy defeats France on penalty kicks to win the 2006 World Cup in Berlin. In the closing minutes of regulation play, France's Zinedine Zidane is ejected after head-butting Marco Materazzi of Italy.
- **July 23** – U.S. native Floyd Landis wins the Tour de France. At year's end Landis's title will still be in dispute, following the announcement that the racer had tested positive for elevated levels of testosterone.

## August

- **Aug. 10** – Security officials announce that they have foiled a plot to blow up as many as 10 passenger jets flying from Britain to the United States.
- **Aug. 16** – John Mark Karr is arrested in Thailand in connection with the 1996 murder of JonBenet Ramsey. Prosecutors do not pursue charges after they determine that Karr was not involved in the murder.
- **Aug. 24** – A vote by the International Astronomical Union results in Pluto being "demoted" to the status of "dwarf planet."

## September

- **Sept. 4** – Australian "Crocodile Hunter" Steve Irwin is killed by a stingray barb while filming a diving expedition near the Great Barrier Reef.
- **Sept. 5** – Katie Couric makes her debut as the anchor of the CBS Evening News.

## October

- **Oct. 9** – North Korea's official news agency reports that the nation has successfully conducted an underground nuclear test.

## November

- **Nov. 7** – The U.S. midterm elections result in Democrats taking control of both the House of Representatives and the Senate.
- **Nov. 17** – Michael Richards, who portrayed Kramer on television's *Seinfeld*, unleashes a racist rant against two audience members in a comedy club. Video of the incident circulates widely via the Internet.

## December

- **Dec. 18** – Robert Gates is sworn in as U.S. Secretary of Defense, replacing Donald Rumsfeld.
- **Dec. 26** – Gerald Ford, the 38th president of the United States, dies at age 93.
- **Dec. 30** – Saddam Hussein is executed after being found guilty of crimes against humanity.



Staff Sgt. Jacob N. Bailey (Army News)

*Pfc. Jordan Williams, a UH-60 Black Hawk crew chief with the Alaska Army National Guard, clears the helicopter for landing after an aerial traffic control point mission near Tal Afar, Iraq, in June. 2006 proved to be a challenging one for U.S. troops in Iraq, but highlights of the year included the election of a new Iraqi government.*



Brian Lepley (Army News)

*Sgt. 1st Class Joshua Brown, 84th Engineer Battalion, reunites with his wife, Nicole, and their daughter, Avery, at Fort Wainwright, Alaska.*



www.whitehouse.gov

*President Gerald R. Ford, his wife, Betty, their daughter, Susan, and the family dog, Liberty, walk at Camp David Aug. 7, 1976. Ford, who served as president from 1974 to 1977, died Dec. 26.*



Tech Sgt. Jeremy L. Lock (Army News)

*Cpl. David Stigers, from the 2nd Brigade Combat Team, 1st Armored Division, plays with an Iraqi boy during a civil affairs mission to Tameem. At year's end, President Bush was considering a number of options related to the U.S. military's continued presence in Iraq.*



# Timeline: A look back at 2006 in Stuttgart & Garmisch

**Jan. 29**

The Stuttgart Piranhas wrapped up its five-month season with a second-place finish at the Rhineland Divisional swim meet. More than 200 swimmers from all over Europe competed in the meet, held in the Piranhas' home pool in Vaihingen. Several Piranhas qualified for the European Championship meet in Italy.



Melanie Casey

**Jan 31**

The Garmisch Safe Neighborhood Awareness Program is honored by the U.S. Army for its inaugural National Night Out, a community-wide event set up to enhance on-post security and force protection awareness.



Drew Benson

**Jan. 14**

Headquarters, Special Operations Command, Europe, celebrates its 51st anniversary with an establishment ceremony in the Patch Fitness Center gym. SOCEUR came into existence Jan. 22, 1955, in Paris.



Melanie Casey

**April**

April was a great month to be a kid in Stuttgart and Garmisch, where a full schedule of events were planned in observance of the national "Month of the Military Child."

In addition to the April 15 Egg Hunt and Easter Carnival, events included a Family Fun Run, the Missoula Children's Theatre, and a daylong KidsFest.



**May 17**

As part of U.S. Army Garrison Stuttgart Commander Col. Kenneth G. Juergens's German-American outreach program, the garrison hosts the Sindelfingen Squirrels and their fans for an evening of baseball on Patch Barracks.

The commander said the event was an opportunity to celebrate "two great traditions – our German-American friendship and our national pastime: baseball."

In addition to the Squirrels and their fans, the garrison also hosted Dr. Joachim Wolf, the sports director for the City of Sindelfingen, who threw out one of two ceremonial first pitches before the game.



Hugh C. McBride

**May 3**

Gen. William E. Ward becomes deputy commander of the Stuttgart-based U.S. European Command during a Departure and Arrival Ceremony in Patch's Washington Square.

Ward, who had previously served as deputy commander for U.S. Army, Europe, and 7th Army, officially replaced Air Force Gen. Charles Ward during the afternoon ceremony, which was presided over by EUCOM Commander Gen. James L. Jones.

For more about EUCOM visit [www.eucom.mil](http://www.eucom.mil).



**July 6**

The George C. Marshall Center holds a farewell ceremony to thank the German forces who had been providing force protection and installation security duties on Garmisch's Sheridan Kaserne.



Tweedy Knief (MMWR Marketing)

**Dec. 1**

The holiday season kicks off with Stuttgart's second annual "Winterfest" celebration on Patch Barracks.

Patch's Washington Square is transformed into a mini Christmas market where attendees are entertained by elementary school choirs, the USAREUR quintet and the Jenny Boyle Band.

While children have the chance to meet everyone's favorite jolly old elf, area units await the judging for the tree-decorating contest.

This year's winner: 52nd Signal Battalion.

**July 4**

U.S. Army Garrisons Stuttgart & Garmisch celebrate America's independence with festive July 4 celebrations on Patch Barracks and Artillery Kaserne.



Sue Ferrare

**Jan. 6**

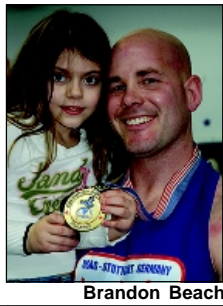
After nearly 10 months of renovation work, the Hub opens giving area teens a hip place to hang out. The Youth Services facility on Patch now features a new front desk area, teen lounge, computer lab, creative arts center and 50's style diner bistro area.



Melanie Casey

**Jan. 14**

Stuttgart boxers slug their way to top team honors at the New Year's Knockout, held in the Patch Fitness Center gymnasium.



Brandon Beach

**Feb. 9**

The National Prayer Breakfast attracts service members and civilians of various faiths to the Patch Community Club for a 7 a.m. gathering.

**Feb. 17 & 18**

Patch High School grapplers pin down the Department of Defense Dependents Schools European Division II wrestling

title. PHS scored 115 to beat runners-up Naples and seven other DoDDS teams during the two-day tournament in Wiesbaden.



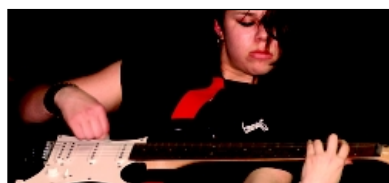
Hugh C. McBride

**Feb. 1**

The men and women of the Stuttgart-based 587th Signal Company are awarded the U.S. Army Superior Unit Award in a ceremony held in the Patch Theater.

**April 25**

U.S. Army Garrison Stuttgart hosts Holocaust survivor Mayer Hersch, who served as the keynote speaker at Yom HaShoah (Days of Remembrance) ceremony on Patch Barracks.



Brandon Beach

**May 12**

"Kingsley" defeats five other groups to claim top honors at Patch High School's third annual Battle of the Bands.

**June 11**

Patch High School graduates 86 students during a commencement ceremony in the Sindelfingen Stadthalle.



Raquel Hicks

**Aug. 28 to 31**

Command Sgt. Maj. William J. Gainey, the first senior enlisted advisor to the Joint Chiefs of Staff, spends four days in the U.S. European Command area of responsibility.

Gainey met with Stuttgart-based Soldiers, Sailors, Airmen and Marines during his time in Germany, and also attended a Joint Enlisted Dining In in the Swabian Special Events Center on Patch Barracks.



Hugh C. McBride

**Dec. 4**

Gen. John Craddock replaces Gen. James Jones as commander of U.S. European Command during a ceremony in the Patch Fitness Center.



Adam Gramarossa (Stuttgart Multimedia)

**Feb. 2**

Members of the 554th Military Police Company, known as the "War-dawgs," deploy to Afghanistan. More than 75 friends and family gathered in the Panzer Fitness Center gym to show their support and patriotic colors.

The local MP company would be joined by two other platoons from the 230th MP Company, which is headquartered in Kaiserslautern.

The MP contingents would go on to work with the Afghan police force.



Christine Castro



Hugh C. McBride

**May 2**

Led by U.S. Army Garrison Stuttgart Commander Col. Kenneth G. Juergens, a contingent of Soldiers from USAG-Stuttgart

Headquarters and Headquarters Company are honored for their participation in a revived German-American marching group.



Hugh C. McBride

The renovated Kelley Theatre re-opens to rave reviews with a performance of "Les Mis-

ables." Among the highlights of the renovation project is the creation of "The Broadway Cafe."

**Sept. 8-9**

Members of the Stuttgart military community raise more than \$26,000 for organizations that serve area youth during the 17th Annual 24-Hour Marathon and Music Fest on Patch's Husky Field.

While more than 800 individuals traversed the Husky track, a variety of local bands – and Grammy-nominated Tejano singer Elida Reyna – took to the stage to provide a musical backbeat.



Brandon Beach

**Dec. 8**

The U.S. Army Garrison Stuttgart Holiday Reception brings Germans and Americans together for a gala celebration in the historic Böblingen Community Club near Panzer Kaserne.



Hugh C. McBride



# In 2006, Garrison gave community members many reasons to say ‘I’m glad I live here!’

U.S. Army Garrison Stuttgart Public Affairs Office

On Dec. 8, 2006 – during the U.S. Army Garrison Stuttgart Holiday Reception – USAG-Stuttgart Commander Col. Kenneth G. Juergens officially unveiled the garrison’s new vision statement: *Setting the standards that make people and units say “I’m glad I live here!”*

Though this statement was not made public until 2006 was drawing to its close, a look back at the year on Stuttgart-area installations provides ample evidence that this vision was, indeed, the foundation upon which garrison activities were based.

The following are a few of the many improvements, upgrades, awards and initiatives that took place in 2006 – and that give all community members reason to be glad they live in Stuttgart:

- The Citizen received the **Thomas Jefferson Award** as best tabloid-format newspaper within the Department of Defense.
- The renovated **Kelley Theatre** reopened to rousing reviews with the world’s only amateur production of “Les Miserables” An Oct. 13 ceremony unveiled a new landscaped entrance and lobby area to area theatergoers.
- Adjacent to the Kelley Theatre, the **Broadway Cafe** opened for business, giving theatergoers and community members a place to gather for great coffee and delicious baked goods.
- The road leading to the **Kelley Barracks access control point** was improved, and the area received a significant landscaping upgrade.
- Work was completed to upgrade **access control points on Panzer Kaserne and the Stuttgart Army Airfield**.
- More than **100 parking spaces** were added near Husky Field on Patch Barracks.
- Construction was completed on the **AAFES PX “Mall for All”** and the new **Community Center** (both on Panzer Kaserne). Also, work was completed on a renovation project in the **Patch Barracks Black Stallion In Dining Facility**.
- Part of a project to upgrade all on-post housing in Stuttgart, renovation work was completed on **all stairwell housing on Patch Barracks and Panzer Kaserne**.
- The USAG Stuttgart Holiday reception concluded a year of significant enhancements in the community’s **German-American outreach program**. Commander’s theater nights, a German-American baseball game, the Harvest Fest, and the inclusion of host-nation school children in all on-post cultural celebrations are highlights of a yearlong effort by Col. Juergens to enhance relations with our German friends and neighbors in Stuttgart and Garmisch.
- Soldiers from USAG Stuttgart and tenant units **reaffirm their bonds with host-nation troops** by attending the Soldier Wasen at the Bad Cannstatt festgrounds, by marching in an annual parade in Augsburg, and by forming a German-American marching group.
- Construction was completed on the new **Community Center** (building 2915 on Panzer

## U.S. Army Garrison Stuttgart Vision Statement

*Setting the standards  
that make people & units say  
“I’m glad I live here!”*

Kaserne). When it opens Jan. 29, it will house Army Community Service and a wealth of other community-support programs.

- After 10 months of renovation work, the **Hub** opens Jan. 6 giving area teens a hip place to hang out. The Child and Youth Services facility features a new front desk area, teen lounge, computer lab, creative arts center and 50’s style diner bistro area.
- Lights, camera, showtime! The **Patch Theater** opened in 2006 after an extensive renovation project and gave film fans of all ages first-run, first-week releases. The theater features 394 plush, cup-holder equipped seats in a terraced, “stadium-seating” design. A soundproof “cry room” gives parents of young children a room of their own with a great view of the screen. And an enhanced “Reel Time Express” snack bar offers not only popcorn and sodas but also personal pan pizzas.
- Following a groundbreaking ceremony, construction begins May 1 on a new wing at the **U.S. Army Health Clinic Stuttgart** to house a pharmacy waiting area and five new exam rooms. The project also includes a new TRICARE building, in place of the seven-year old “temporary” trailer located behind the clinic, which will house offices and a waiting area.
- A July 26 groundbreaking ceremony on Garmisch’s Artillery Kaserne kicks off a project to upgrade the garrison’s communication infrastructure to **fiber optic technology**. The project marks the first project under the Army’s new Infrastructure Modernization initiative.
- U.S. Army Garrison Garmisch celebrates a renovated Building 706 in the **Breitnau Housing Area** with a Sept. 25 ribbon cutting ceremony.
- Community members celebrated at the garrison’s first **Harvest Fest** on Kelley Barracks, and packed Washington Square for the traditional **Winter Fest** on Patch.

# Winter safety: Are you ready for snowy roads?

U.S. Army Garrison Stuttgart Safety Office Release

Winter driving can be inconvenient and annoying, but most of all it can be dangerous. However, being prepared can help minimize the special risks associated with cold-weather driving.

The following tips can help get both you and your vehicle through the snow and safely into spring.

## Where the rubber meets the road

- Don’t get caught unprepared by the first snowfall: Put snow tires or at least all-season tires on all four wheels. The minimum tread depth should not be less than 1/6 of an inch or 4 mm.
- Chains may be required for some alpine passes – check your route to see if they will be necessary.
- Beware of fallen leaves, which can make roads as slippery as if they were ice-covered.
- Remember: In icy conditions even the best tires are of little help. In the worst winter weather, drive with extreme caution – or not at all.

## See and be seen

- Check that all of your vehicle’s lights are in good working order and that headlight beams are adjusted correctly.
- Clean the lights regularly. In rain, snow and slush, lighting power can be reduced up to 75 percent by the accumulation of dirt and grime.
- Make sure your wiper blades are cleaning properly, with no smearing or stripes on the windshield.
- Clean both the outside and inside of the windshield. The effects of cigarette smoke and dirt particles on the inside can reduce visibility by one third.
- Be sure the windshield washer is adequately filled with

## Emergency kits can be difference between life & death

*The National Highway Transportation Safety Administration advises drivers to equip their vehicles with safety kits and note the following tips to increase the odds of surviving in case of accidents or breakdowns.*

### Vehicle safety kit:

- Flashlight
- Jumper cables
- Abrasive material (sand or kitty litter)
- Shovel
- Warning devices

### Passenger safety kit:

- Food
- Water
- First-aid kit
- Medication
- Blankets
- Cellular telephone

### Advice when stopped or stalled:

- Stay with your vehicle.
- Don’t overexert yourself.
- Display bright warning devices.
- Be sure the exhaust pipe is clear.
- Run the car only long enough to remove the chill.

freeze-resistance solution.

- Before driving, ensure that all windows and lights are completely clear of snow and ice. (No “porthole driving!”)
- Remove all snow from the roof of the vehicle to prevent motorists following you from being confronted and endangered by a sudden snow flurry from your roof.

## Fit to drive

- Perform a fitness assessment on your vehicle to ensure it is up to the challenges of winter driving.
- Get an engine tune up, and switch to winter-grade oil (if you aren’t already using all-season-oil).
- Check your car’s battery, ensuring that it is in good condition, its connections are good and its terminal points are not corroded.
- Use anti-freeze that is not only strong enough to prevent freezing, but fresh enough to prevent rust.
- Be sure all fluids (including oil, brake and hydraulic) are at proper levels.

## Fighting the fog

- Fog can affect perception, causing the illusion that vehicles in front of you are farther away than they really are.
  - As soon as you see fog, increase the distance between your vehicle and the one you are following.
  - Slow down.
  - Use low-beam headlights and rear fog lights.
  - Turn on your wipers and defroster to remove moisture from the windshield.
  - Use the right edge of the road or painted road markings as a reference – never rely on the rear lights of the vehicle in front of you.
  - Turn off the car radio and open the driver’s window a little to listen for other vehicles.
  - If visibility is extremely limited, pull off the road, turn on your hazard flashers and wait until the weather has cleared.
- Remember, the key to winter driving is that it is better to arrive late but safe, rather than not at all.



Mohammed



Al-Masri



Hamed Ali



Atwa



Abdullah



Al-Mughassil



Izz-Al-Din



El Hoorie



Yasin



Al-Yacoub



Msalam



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U.S. Department of State

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# Moving toward fitness

*Patch High School's physical education classes get high-tech upgrade, focus is on health assessments, personal fitness*

Story and photos by Brandon Beach

Patch High School sophomore Marc DeAngeles steps off the Monarch Ergomedic 828E. It's a lot of name for just a bike. But here in room 324 this is no ordinary 1-wheeled gizmo.

Less than five minutes on the pedals, DeAngeles has calculated his VO2 max. Wired to the bike, the TriFIT 700 computer crunches the data and spits out a report.

Minutes go by and DeAngeles runs through the gamut of tests: strength (bicep curl), flexibility (toe touch), body mass index (caliper pinch) and blood pressure. Simply put, he has learned about his level of fitness.

"Go to any Bally's Powerhouse Gym and you'd pay well over \$200 for this level of testing," said Carol Heffernan, a physical education teacher at Patch.

The TriFIT 700, designed by Polar USA and available this year through a DoDDS Europe funding grant, is just one high-tech tool that PE educators at Patch are using to keep students fit.

"Technology has really changed the way we look at fitness," said Heffernan. "Instead of just busy-happy-good in class, we want our students to learn, so that in a lifetime, they are motivated to stay healthy."

If TV's and Xbox's have led to the demise of today's youth, just look at the reports (25 percent of kids in the U.S. are overweight and nearly 16 percent are obese according to the American Obesity Association), maybe technology can reverse that slide. So the argument goes.

## Personal fitness

Remember that mile run back in gym class. In those days what mattered most was simply to outpace your buddies. Not so today. Students now run those 1600 meters with a heart

*What we hope for is that students have the tools to take care of themselves once they finish high school.*

Karen Seadore

DoDDS-Europe PE Coordinator

monitor, worn as a wrist watch. It's not about who crosses the finish line first either. It's rather, which students have kept their target heart rate up for the entire activity.

"They are learning about intensity," said Heffernan. "If their heart rate is not up so that they benefit, then they are just wasting their time."

Following a run, or any activity for that matter, be it 30 minutes of Yoga or a half-hour jaunt through the forest, PE teachers can save data from the monitors directly into portable pocket PC's.

"Teachers now can take this technology out of the classrooms and onto the field," said Karen Seadore, PE coordinator for DoDDS Europe in Wiesbaden. "It's invaluable information about our students' current fitness status."

But Patch is not the only school to go high-tech. Every DoDDS-Europe school has benefited from increased funding for physical education this year.

"We recognized that our students needed to be more active," said Seadore. "What we hope for is that students have the tools to take care of themselves once they finish high school."

That meant revamping the PE curriculum across the board. The new term is "personal fitness," and several classes have been added: Conditioning and Lifetime Sports for example.

"We want to promote lifetime physical activity," said Drake Marbury, a Patch PE teacher, who conducts pre- and post-testing of all Patch students enrolled in PE. "For us, we're happy when our kids are having success and learning that's it good to stay active."

The goal is for students to create a personal fitness road map, infused with their own interests and tastes. That way they enjoy what they are doing. Starting with the graduating class of 2008, all DoDDS students must take a Physical Activity/Nutrition class, called PAN for short.

"We felt our students weren't receiving enough information on nutrition to make smart choices," said Seadore.

## Everyone involved

Gone too is the focus on big game competitive sports like football and kickball in PE classes. Remember those 11 versus 11 soccer tussles.

There was always that one über-motivated wily kid who had to score all the goals. He was referred to as the "ball hog." But chances were, on that same field, there were a small percentage of "defenders" who just enjoyed watching the clouds roll by.

"You don't have people just hanging out in PE class anymore," said Heffernan. "Everyone gets involved."

Be it country line dancing, Frisbee golf or weight lifting, PE teachers don't spend longer than two or three weeks on any given activ-



Sophomore Marc DeAngeles measures his VO2 max as Drake Marbury, Patch PE teacher, looks on.

ity. That eliminates the chances of boredom.

But, for the most part, Patch students aren't bored with all the new gadgets and fitness talk. In fact, Heffernan is always surprised to see so many of her PE students at the gym after school.

"That's when I'm so proud," said Heffernan.

*This is first in a series of articles addressing physical education programs in DoDDS-Europe schools.*

## Don't let winter get you down, beat asthma before it starts

Story by José Mundo  
EFMP Release

The winter season is here and hopefully many of you are taking the necessary steps to stay warm in order to avoid getting a cold or other illnesses – especially those who suffer from asthma.

Asthma is a respiratory disease that affects a person's ability to receive proper amounts of oxygen in the lungs. When a person's bronchial tubes, which are responsible for transporting oxygen to the lungs, are inflamed, it causes a person's airway to become sensitive.

Things like molds, tobacco smoke, animals, dust and weather can trigger asthma. Most people who have asthma attacks experience shortness of breath, wheezing, and tightness of the chest.

The American Lung Association of Texas states that asthma is the sixth-ranking chronic condition in the United States and the leading chronic illness of children. It also estimates that 20 million Americans (6 million children under the age of 18) currently suffer from asthma and that 5,000



photos.com

*Don't let asthma take away your time in the snow this winter season*

deaths occur annually from this disease.

During the winter season, cold air could trigger asthma problems for some. In order to reduce the risks of getting asthma attacks, the American Lung Association of Texas suggests that people do the following:

• **Wear gloves, hats, and scarves:** Most people dress warmly during the winter

months; however, those who have asthma should make an attempt to cover your faces with a scarf so that the air entering your nose is warm and moist.

• **Monitor air quality indoors:** Making your home warmer during the winter months could make indoor air quality very dry and release irritants that could affect

your air passage ways. Try avoiding things that can pollute air indoors like wood stoves or fireplaces.

• **Get your flu shot:** An influenza vaccine has proven to be effective for those who suffer from asthma during the winter months.

• **Watch out for over-the-counter cold medications:** Check with your doctor before taking over-the-counter medications. Some of these medications may be counter-productive for those with asthma.

• **Consult your doctor:** Consult with your physician for an asthma care plan and notify him/her immediately when you and/or your child becomes sick during the season.

• **Make sure you're prepared:** Make sure that you and/or your child have your medication before going outside; be prepared to handle an asthma episode before it happens.

*For more information on avoiding asthma-related problems during winter contact José Mundo, Exceptional Family Member Program (EFMP) Manager, at 430-7176/civ. 0711-680-7176. For additional information visit [www.lungusa.com](http://www.lungusa.com).*

# 'Too Cool to Smoke'

## Patch High School TATU teens take on tobacco

Story & photos by Taylor Pierson

Our Patch High School runs a program called Teens Against Tobacco Use, or TATU for short. This program is a group of volunteer teens, who worked very hard to put together great skits and presentations during last year's Great American Smokeout Day.

The students involved in this year's TATU group were Kristen Strohl, Amanda Graham, Taylor Pierson, Lauren Kingrey, Nicole Haddock, Christal Ceithamer, Daniel Kennedy, Andrew Drake, Jimmy Jennings, Tess Edgar, Caitlin Brinsfield, Kari Duncan, Morgan Baer, Wendy Tang, Jonika Shelton, Victoria Harvey, Brianna Heber, Kelly Mcnaven, Kristin Bender, Lauren Brenier and Ivan Nakoneczny.

TATU is here to tell people the consequences of tobacco use and why you should not smoke or chew.

Here are some of the facts:

- There are more than 4,000 chemicals in a cigarette other than tobacco.
- Smoking can give you cancer, gum disease, bronchitis, and many other things.
- Second hand smoke is actually worse than first hand smoke.
- Many pregnancies go wrong because of pregnant woman smoking, many more babies would be born if the mother had not smoked.
- Chewing tobacco can cause gum disease, and the loss of your bottom jaw.

How do you feel about smoking? "I hate

### Did you know?

*In addition to tobacco, there are more than 4,000 chemicals in a cigarette.*

it," stated Brittany Phillips without hesitation.

In October of last year, we had our drug free week. Then in November we had our national Great American Smokeout Day. Basically, if there ever was a time to stop smoking, Nov. 16 was the day!

On that day, our TATU group had a busy day planned for them, which involved: At 7:00am in our Patch gym, TATU introduced themselves and gave an educational presentation to members of the military, along with various skits.

The presentations and skits were to show the affects of tobacco use and smoking for our Great American Smokeout Day.

Later in the morning TATU went to Patch Elementary School to talk to the students about smoking and why it is bad. In the afternoon TATU went to the Boeblingen Middle School on Panzer to talk to the students.

We believe they helped to make a great



Members of the Teens Against Tobacco Use, or TATU for short, perform an informational skit addressing the risks of tobacco use during last year's Great American Smokeout.

difference in teaching the students there about the affects of tobacco use and smoking.

• How did you feel being in TATU? "I loved talking to the students and seeing their faces as we performed our skits," said Harvey, boasting a smile.

• Do you feel you may have helped to get a point across about tobacco use and smoking? "Yes actually, the students looked very interested, and asked many questions, you

could tell by their facial expressions that they did not like the sound of tobacco use or smoking," commented Pierson.

TATU had a great time and helped to make a difference to our community, and for that we are thankful.

*If you would like to help make a difference, like our TATU group has, join TATU next school year of 2007.*

## Stuttgart's Youth Services teens send treats downrange

Story & photo by Corrie Butz

Last year in December, the Torch Club at the Hub, Youth Services, put on their hair nets and got to work baking cookies for soldiers downrange.

Torch Club is a program offered at the Hub on Patch Barracks exclusively for middle school boys and girls. The goal of the club is to practice the importance of service to community, education, health, fitness and social recreation.

For the club's first project, they decided to send a little bit of the holiday spirit downrange. Members brought in their favorite cookie recipes and then went to work creating shopping lists and finding addresses.

The Soldiers received peanut butter, snickerdoodle, and forgotten cookies to help brighten up their holidays.

*Torch Club meets Tuesdays 5 to 6 p.m. on Patch Barracks. For more information call 430-7204/5378/civ. 0711-680-7204/5378.*



## Stuttgart fifth-grader builds own computer

By Maggie Beans & Jamie Rainey

Zachary Cook, a fifth-grader at Patch Elementary School in Stuttgart, Germany, built his own computer.

He had a little bit of help from Drew Tribble, a student at Patch High School.

On Oct. 14, 2006, Drew and Zachary took all the computer parts from NEWEGG.COM and assembled the Windows XP computer.

And guess what? It only took them two hours to completely build it!

When we interviewed Zachary, all he had to say about this accomplishment was, "I'm very interested in technology."



courtesy of Pam Cook

Fifth-grader Zachary Cook poses with his computer.

He also said it was just like putting a giant jigsaw puzzle together.

Although the Internet is not installed in Zachary's computer yet, he enjoys playing Simms City 4 and other computer games.



courtesy Alicia Riley



courtesy John Niescier

### CYS Soccer in Italy

A Stuttgart Child and Youth Services' soccer team took in some famous landmarks, including the Leaning Tower of Pisa, while competing in the IMA-E Youth Soccer Championships at Camp Darby, Italy last year. With a 5-1-1 record in regular season play, the team finished third against Europe's best.





Stuttgart's new Skateboard Museum, the first of its kind in Europe, pays tribute to those who devote themselves to the board.

## A thrashin' ride through Stuttgart's skate museum

Story and photos by Brandon Beach

Remember the days of flip kicks and rail slides, when kids said "rad" and "tight" and nailed up rickety half-pipes in drive-ways? That four-wheeled craze gets a retrospective look in Stuttgart's new Skateboard Museum, the first of its kind in Europe.

"We are happy to bring something not so common to Stuttgart," said Daniel Schmid, who, along with Jürgen Blümlein, founded the museum.

With some 500 exhibit pieces, the museum, located in the basement of the *Kommunales* Cinema, is a jaunt through pop-culture history.

There are roller skates from the turn of last century, scooters from the 1930's, classic 50's sidewalk surfboards and numerous artifacts from the Bones Brigade era of the '80's. The artistry on the underbelly of some boards is simply amazing.

At the museum's entrance hangs an amusing diagram that traces the skateboard back to the covered wagon. If this was the official start of the modern skateboard it's anyone's guess.

In another room there are several tan leather sofas in front of a large-screen television that streams continuous skate footage. Schmid confessed that he and his partner have amassed over 700 skateboard videos in their lifetime. "It could be the biggest in the world," he said.

Dust off your board if you want to grind on the museum's mini ramp.

Behind several glass cubes are pairs of shoes, mostly Vans, slumped-over from years of wear and tear on the street. They remind viewers that skateboarding meant more than just the board, it had its own style. Back then, you either joined the jocks, nerds, bangers or skaters.

Schmid ranked in with the skaters, and

said he still makes time for his board, even after some 20 years of bumps and bruises. Those two decades on pavement became seed for his museum project.

It started back in 2003, when Schmid and Blümlein toured Europe with a fledgling collection of boards and gear setting up 2-week exhibits in cities like Barcelona, Berlin and Zürich.

"The first stuff was really just leftovers from our own skate years," said Schmid. Since then, he said the exhibit has doubled in size, due in part to donations from friends and ex-skaters, including a huge boost from Claus Grabke, a German pro who skated for Madrid and Santa Cruz in the mid '80's. He loaned a career of boards and memorabilia for display.

Last summer, Schmid and Blümlein's extensive skate vault found a home at *Kommunales*. An unlikely spot, Schmid said he is happy to partner with the cinema.

Just last year, *Kommunales* held a screening of "Rising Son," the documentary about skate legend Christian Hosoi, whose signature move, the "Rocket Air," catapulted him to vert fame. An after-hours DJ party followed in the museum. Schmid said that more events like this are on the way.

Up next, Schmid and his partner plan a special exhibit on the history of skateboard magazines, due out this summer. In the coming months, they will unveil an exhibit on skate shoes in Frankfurt. Before year's end, they plan to publish a book on skateboarding's fabled history.

Even with all the talk of history and the so-called glory years of the skate scene, Schmid said that skateboarding is still very much active in Stuttgart.

"It's still a great scene," he said. "There is always an amazing flow of talent every year."



[Top] A kid stunts an ollie at a skateboard park in Brussels, Belgium. The trick was invented by Alan Ollie Gelfand in the late 70's.

[Below] Skateboards take on some elaborate designs like this *Caballero*.



For more information visit the museum's official Web site at [www.skateboardmuseum.de](http://www.skateboardmuseum.de). The museum is located on Friedrichstrasse 23A in the basement of *Kommunales* Kino, a cinema in downtown Stuttgart. To get there take U-train 9 to the Friedrichsbau stop.

## OUT & ABOUT

### Night of Musicals gala

See original stars from popular musical productions such as *Grease*, *Cabaret*, *Phantom of the Opera*, *Lion King*, *Cats* and more at the 10th-annual Night of Musicals **Jan. 16**, 8 p.m., in Reutlingen's Friedrich-List Hall.

The show debuts in Stuttgart's Liederhalle (Berliner Platz 1-3) **March 14**, 8 p.m.

For tickets to the Reutlingen premiere call 07121-302290 or visit [www.asa-event.com](http://www.asa-event.com).

### Velodrome cycling in Stuttgart

Stuttgart's Schleyerhalle will be converted into a modern-day velodrome as the world's top bicyclist to compete in the thrilling Hofbräu 6-Day Race **Jan. 18 to 23**.

Tickets are 15 euro and include a seat close to the action plus entrance to the many disco parties held in the hall's basement level. For more information visit [www.schleyerhalle.de](http://www.schleyerhalle.de) or call 0711-255-5555.

The hall is located at Mercedesstrasse 69 (U-Bahn U11: Gottlieb-Daimler Stadion stop).

### Fussball in Stuttgart

Catch live Bundesliga action when VfB Stuttgart returns from winter break to take on Arminia Bielefeld **Jan. 30**, 7:30 p.m., in Bad Cannstatt's Gottlieb-Daimler Stadion (S-Bahn Neckarstadion).

For tickets visit [www.vfb-stuttgart.de](http://www.vfb-stuttgart.de) or stop by the stadium's ticket box on game day.

### Three Musketeers, the musical

SI Centrum's Palladium Theatre presents the swash-buckling musical smash, "The Three Musketeers."

Tickets range from 40 to 139 euro depending on seating and may be purchased by calling 01805-4444.

The theater is located on Plieningerstraße 100, which is a short 5-minute walk from the Kelley Barracks main gate. For more information on dates and times visit [www.si-centrum.de](http://www.si-centrum.de).

### Concerts in the Schleyerhalle

Mega hip hop stars Snoop Dogg and Diddy team up **March 15**, 8 p.m., in Stuttgart's Schleyerhalle, located on Mercedesstraße 69 (U-Bahn 11 to Gottlieb Daimler Stadion). Tickets cost 47 to 53 euro.

With hits like "Three Times a Lady" and "All Night Long," Lionel Richie, love balladeer and '80's icon, makes a stop in Stuttgart during his "Coming Home" international tour **March 7**, 8 p.m. Tickets cost 64,40 euro.

For more information or to purchase tickets for these and other shows visit [www.schleyerhalle.de](http://www.schleyerhalle.de).

### Photo exhibit at IFA

Germany's leading institute on foreign cultural relations is headquartered right here in Stuttgart.

This month, the *Institut für Auslandsbeziehungen*, or IFA, hosts the photo exhibit, "Seoul: Rooms, People," a visual journey through South Korea's capital.

The gallery is located on Charlottenplatz 17. To get there, take city train U5 or 6 to the Charlottenplatz stop.

Opening hours are Tuesdays to Fridays, noon to 6 p.m., and weekends, 11 a.m. to 4 p.m. Additional evening hours are Thursdays until 8 p.m.

For more information visit [www.ifa.de](http://www.ifa.de). The exhibit is open **Jan. 26** to March 3. Entrance is free.

### DAZ events in January

Dr. Jeffrey Peck, a professor of communication, culture and technology at Georgetown University, will hold the lecture/discussion, "Jewish Identities in Germany: American and Israeli Influences," a look at the dramatic shifts taking place in Jewish identity through transatlantic and global influences **Jan. 22**, 7:30 p.m., in the Deutsch-Amerikanisches Zentrum.

The month, DAZ takes a look at film icon Humphry Bogart with a screening of the 1948 gangster classic, "Key Largo," **Jan. 23**, 7:30 p.m., followed by a discussion with Dr. Stefan Winter, a professor from the Potsdam-Babelsberg Film School, **Jan. 30**, 7:30 p.m.

The center is located at Charlottenplatz 17 (U-Bahn 5 or 6). For a complete list of DAZ-sponsored activities visit [www.daz.org](http://www.daz.org) or call 0711-228180.



# German-American Chorus reaches 30-year milestone, recognized as cultural institution

Story and photos by Noreen O'Donovan

Those who heard the Stuttgart German-American Community Chorus perform a selection of carols at the 11 a.m. Protestant service in Patch Barracks chapel on Sunday Dec. 17 may have been wondering what the chorus otherwise gets up to – and maybe, where it's been hiding.

"The community's best-kept secret!" is what a friend of soloist Mary Brown exclaimed, on hearing of its existence.

What was once a purely American military institution has, since its foundation in 1977, been transformed over the years into a more broadly-based Stuttgart institution. One result being, however, that most of its performances now take place outside the military community.

Those who made the trip to the St. Laurentius Church in Stuttgart-Freiburg a week earlier will have been treated to a better demonstration of the chorus's versatility. Their 2006 Christmas concert certainly showcased a huge variety of styles, covering the whole seasonal spectrum from solemn to jolly – some might say, from the sublime to the ridiculous.

The concert began, however, with the Mass in D major by Antonio Salieri. This beautiful



Members of the Stuttgart German-American Chorus performed a Christmas concert in the St. Laurentius Church in Stuttgart-Freiburg in December 2006. The church is located in Stuttgart-Freiburg.

work of classical church music certainly belonged in the first category. Several members of the audience reported traveling long distances for the opportunity to hear these people together through music.

Due to troop reductions, the American contingent has somewhat dwindled over the years, but this is more than made up for by

the variety of nationalities represented. Today the chorus includes members from England, Ireland, Hungary, Croatia, Russia, and of course, Germany. The repertoire is varied: sacred and secular, classical, folk, spirituals, patriotic, musicals and more.

The chorus practices Mondays at 7.30 p.m. in the Chapel Annex on Robinson Barracks.

Rehearsals generally take about two hours, interrupted by a refreshment break. A number of spring and summer concerts are already planned, for which new voices would be very welcome. As well as its musical activities, new members can look forward to numerous social occasions, outings and more.

Considering that 2007 marks the chorus's 30th anniversary, something very special is planned for the end-of-year concert. Namely (what else?) an anniversary performance of the work that started it all: Handel's glorious Messiah. It will, of course, be sung in the original English version. Performances are likely to be on the first or second December weekend.

This offers a great opportunity for those of you who may have sung it before (in your student days?) and would love to do so again. But never fear – provision is also made for complete novices who need to learn this formidable work from scratch. Since this applies to many existing choir members (namely those who joined since the chorus last performed it in 2002), Messiah rehearsals will start well before the summer vacation.

For more information visit [www.sgacc.de](http://www.sgacc.de) or call David at 0711-463 463, Ann at 07146-90125 or Noreen at 07231-52226.

## Your legal affairs can benefit from New Year's resolutions

Story by Cpt. Michael Watts  
Stuttgart Law Center

Well, New Year's Day has come and gone, but that doesn't mean that it's too late to take a look into your legal affairs and see if, just like everything else, they could benefit from some New Year's Resolutions.

The New Year can be a great time for finally taking care of all those things that just seem to slip through the cracks the rest of the year. And just like getting back to the gym or getting around to finally finishing that book you've been reading, getting around to making sure your legal affairs are in order is a great way to begin the New Year.

### Legal resolutions

**1** I resolve to update my will. If it has been a while since you've updated your will, take a look at it. Have you had any major life changes since you made it, like getting married (or getting remarried), having children or bought a house? If so, examine your will and see if it still reflects what you want to happen in the event of your passing. Take the same look at your SGLI designations.

**2** I resolve to revoke all unnecessary general powers of attorney. This is a huge issue in the military community. Because we in the military move around and deploy so frequently, we frequently make numerous

powers of attorney. And frequently, because we're not quite sure what we need to prepare for, we get general powers of attorney.

The problem with general powers of attorney, though, is that it creates a legal double identity – the person holding the power of attorney is you, for all legal intents and purposes.

Therefore, think about who has a general power of attorney for you. Do you have more than one?

If you have more than one, or if you have one and then something changes in your life (such as divorce), cancel all except for one for the person you trust the most.

You can cancel it by sending a written notice of revocation to the holder, and also informing agencies, such as banks, that it is no longer valid.

Remember, a general power of attorney is like making an identical twin, and if someone buys a house in your name, you want to make

sure you want to live there with that person!

**3** I resolve to do my TAXES ON TIME. It's beginning to look a lot like tax season, so take a few minutes to start thinking about doing your taxes.

Get your financial records in order. In order to do your taxes, you'll need your W-2, statements from your banks regarding interest paid, mortgage interest statements, etc.

And remember two important things: If your state has state taxes, then you may need to pay those.

Don't worry if you don't know, just make sure and mention it when you get your federal taxes done.

Also, remember that although the overseas filing deadline is July 1, the payment deadline is still April 15.

So, if you think you may owe taxes, come in to the Tax Center early. The Tax Center is located in Kelley Barracks, Building 3312, Room 219 and will open around late January.

*Just like getting back to the gym or finally finishing that book you've been reading, getting around to making sure your legal affairs are in order is a great way to begin the New Year.*

**4** I resolve to avoid legal problems, rather than fix them. Most legal problems are like most health problems – they probably could have been prevented. So, take these general steps to protect yourself and your family.

1. Pay bills promptly and review a copy of your credit report (which you can order free from all three credit reporting agencies once per year) at least once per year. This includes reading and resolving any issues with your LES on a continuing basis.

2. Don't ignore things that get sent to you, either American or German. If you receive a legal notice resolve it immediately. If you receive something you don't understand, ask your chain of command if you don't know what to do or come in and ask at the legal office.

3. Lastly, read documents and understand them before you sign them. Ask yourself what does this document obligate me to do.

New Year's Resolutions are always difficult to keep, but, just like that one to get back in the gym, if you follow these, you'll never regret it, and you'll have a happier and better New Year.

For more information contact the Stuttgart Law Center at 421-4152/civ. 0711-729-4152. The center is located in building 3312 on Kelley Barracks.

## National Security Personnel System (NSPS) Townhall Meetings

**January 25 – 10 a.m. to noon and 1 to 3 p.m. – Patch Barracks Theater**

All General Schedule (GS) personnel and all supervisors of GS personnel should attend one of these sessions.

For more information call 421-2535/civ. 0711-680-2535.





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*AFAP needs your input. Please see your FRG, CSM, Unit Leader, or the Stuttgart ACS, to submit your issues. You can also call DSN 430-4183 CIV 0711-680-4183 or send a e-mail to [ligia.steers@us.army.mil](mailto:ligia.steers@us.army.mil)*

**Issue Deadline 22 January**

**30 January 2007**  
**8 a.m. - 5 p.m.**  
**Swabian Special Events Center**  
**For more information contact the Stuttgart ACS**

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